

Summary of AMERICAN DIABETES ASSOCIATION'S CRITERIA FOR TESTING FOR DIABETES IN ASYMPTOMATIC INDIVIDUALS

ADULTS

Testing should be considered in all adults who are overweight (BMI \geq 25 kg/m²*) and have additional risk factors. **(See Table 1)**

*May not be correct for all ethnic groups.

Table 1 Risk Factors for Type 2 Diabetes in Adults

Have a first-degree relative with diabetes (i.e., parents or siblings)
Physical inactivity
High-Risk Race/ethnicity (e.g., African American, Latino, Native American, Asian American and Pacific Islander)
Women diagnosed with GDM or delivery of a baby weighing > 9 lbs
Hypertension (\geq 140/90 mmHg or on therapy for hypertension)
HDL cholesterol level <35 mg/dl (0.90 mmol/l) and/or triglyceride level >250 mg/dl (2.82 mmol/l)
Women with polycystic ovarian syndrome (PCOS)
A1C \geq 5.7%, IGT or IFG on previous testing
Other clinical conditions associated with insulin resistance (e.g., severe obesity and acanthosis nigricans)
History of cardio vascular disease (CVD)

*At-risk BMI may be lower in some ethnic groups

In the absence of the above criteria, testing for pre-diabetes and diabetes should begin at age 45 years.

If results are normal, testing should be repeated at least at three-year intervals, with consideration of more frequent testing depending on initial results and risk status.

CHILDREN AND ADOLESCENTS

Testing should be considered for overweight children (see *Table 2*) starting at age 10 years (or at the onset of puberty if it occurs at a younger age) **and** have any two of the risk factors listed in *Table 3*. Repeat testing every two years. Fasting Plasma Glucose Preferred Test.

Table 2 Definitions of Overweight for Children & Adolescents

1. BMI $>$ 85th percentile for age and sex, or
2. Weight for height $>$ 85th percentile, or
3. Weight $>$ 120% of ideal (50th percentile) for height.

Table 3 Risk Factors for Type 2 Diabetes in Children and Adolescents

1. Family history of Type 2 diabetes in first- or second-degree relative
2. Race/ethnicity (e.g., African American, Latino, Native American, Asian American and Pacific Islander)
3. Signs of insulin resistance or conditions associated with insulin resistance (acanthosis nigricans, polycystic ovary syndrome, or small-for-gestational-age birth weight, hypertension or dyslipidemia).
4. Maternal history of diabetes or Gestational Diabetes during the child's gestation.

NOTE: Clinical judgment should be used to test for diabetes in high-risk patients who do not meet these criteria.
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